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EXPERIENCE Private Practice

Frederick, MD

Trauma-Informed Somatic Coaching

2016-Present

- Support a fuller, connected, more awake experience of life by:
 - integrating stuck survival energy from past trauma
 - increasing nervous system awareness
 - expanding capacity for challenges
 - expanded capacity for relationship

Psychedelic Somatic Trauma Healing (via Psychedelic Somatic Institute)

- Low dose cannabis or ketamine assisted healing
- Deeper invitation of involuntary material from the Autonomic Nervous System (Same goals as those listed above, under 'Trauma-Informed Somatic Coaching')

Parenting & Family Support

- Explore conflict, communication and agreements
- Informed by Nonviolent Communication, Imago and Mindfulness Practices
- Discover underlying needs and trauma that influences family dynamics

Education Support

- Explore goals by examining outside influences and parent's education history
- Explore the unique impact of various educational approaches with each student

Homeschool

Union Bridge, MD

Primary Teacher/ Organizer (to our son)

2012-Present

- support self-directed education
 - provide experiential and conceptual learning
 - teach youth and teen classes at MHEC homeschool cooperative
- 2011-Present (over 35 classes taught)

Math Tutor (other children)

2019-2022

- making math concepts fun and interesting with real life applications

Men's Work - Weekly Integration Group

Frederick, MD

Member, Co-Leader, Co-Facilitator

2013-Present

- Provide and participate in group process facilitation for men
 - accountability and discovery of projections and shadow
 - trauma exploration and awareness
- Mankind Project

Family Heart Camp of West Virginia

Mt Storm, WV

Volunteer Staff

2016- 2018

- Provide support to families wanting to learn about Nonviolent Communication
- Mediate family conflict, needs and agreements
- Facilitate multi-generational activities
 - creating connection, exploring trust and secure attachment through play experiences

Grazy Days Family Farm

Union Bridge, MD

Co-Owner

2011-2017

- Produced organic, humanely-raised, pastured meat and eggs
 - cattle, hogs, chickens, dairy goats, dairy cattle, livestock guard dog

- Regenerative pasture management
- Coached individuals pursuing small scale or backyard farming

Community Legal Services

Philadelphia, PA

Development Assistant

August 2010-July 2011

- Managed all volunteer fundraising:
 - Managed annual Bar Campaign: raised \$380,050 from 109 local law firms in 2011
 - increased number of law firm donations by 20%
 - increased number of leadership gifts by 39%
 - Managed peer-to-peer solicitation by Leadership Council
- Co-coordinated the annual fund: draft appeals, work with graphic designer, track and report results
- Managed medium size grants (proposal, reporting and stewardship)
 - raised \$70,000 in grants in 2011
- Liaison to the Board of Directors
- Maintained organization's website: Content and Maintenance
- Managed social media program (Facebook, Twitter and Blog)

Tufts University, Office of University Advancement

Medford, MA

Volunteer Program Coordinator, Tufts Fund for Arts, Sciences & Engineering Oct. 2008-June 2010

- Manage all annual fund volunteers for the undergraduate colleges, 104 volunteers
- Oversee peer-to-peer solicitation of more than 2,500 alumni, raising \$431,251 in 2010
- Personally closed \$97,000 from alumni gift officers in 2010 (range: \$25 to \$50,000)
- Responsible for reunion goals and achievement
- Manage the Campaign Committee of the Alumni Council (governing body of the alumni association)
- Create educational materials, solicitation materials and progress reports
- Responsible for goals, planning and branding of the alumni gift officer program
- Work with other departments to recruit and qualify alumni gift officers
- Benchmark volunteer fundraising program against peer institutions for best practices

Program Coordinator, Tufts Fund for Arts, Sciences & Engineering

July 2008-October 2008

- Managed the creation and distribution of assignments for Tufts Fund Gift Officers
- Developed marketing and educational materials
- Analyzed data using Advance and Access
- Coordinated in-person volunteer trainings
- Provided data and record keeping support as an Advance Database 'Super-User'

Staff Assistant, Tufts Fund for Arts, Sciences & Engineering

November 2006-June 2008

- Created a gift officer database in Access for recording and tracking all assignments
- Created analytical systems in Access to provide donor strategy charts and year-end analysis
- Provided analytical and administrative support to the Director

Cambridge School of Weston

Weston, MA

Dorm Parent

September 2007-2010

- Responsible for the safety and well being of 26 residential students
- Provide guidance, support, and community building among students, faculty, and residential life colleagues

Johns Hopkins University, Peabody Institute

Baltimore, MD

Graduate Assistantship, Department of Piano Maintenance

April 2005-August 2006

- Performed piano restoration
- Tuned and repaired conservatory pianos

	Andover Organ Company <i>Organ Building Apprentice</i> <ul style="list-style-type: none"> • Voiced, tuned, installed and repaired pipe organs throughout the North East • Created spectral-analysis program for analyzing voicing process 	Methuen, MA June 2003-June 2004
EDUCATION	<i>Masters of Music in Voice Performance</i> Johns Hopkins University, Peabody Institute	Baltimore, MA May 2006
	<i>Bachelor of Arts summa cum laude</i> Colgate University	Hamilton, NY May 2003
	<i>Somatic Experiencing Practitioner</i> Somatic Experiencing International	Roanoke, VA 2019-2022
	<i>Psychedelic Somatic Interactional Facilitation (known as PSIP)</i> Psychedelic Somatic Institute Certification - Level 2	Denver, CO 2022-2023
	<i>Foundation Training (pre and perinatal trauma healing)</i> Castellino Training, Tara Blasco and Mary Jackson Current Student	Ojai, CA 2023-2026
	<i>Biodynamic Craniosacral Therapy</i> Roger Gilchrist, et. al. Current Student	Silver Spring, MD 2023-2026
	<i>Therapeutic Applications of the Breath</i> Alicia Barmon, LCPC, ECYT-500, C-IAYT, SEP Participant 2021, Assistant 2022	Frederick, MD Fall 2021
	<i>Parent Peer Leadership Program</i> Bay Area Nonviolent Communication <ul style="list-style-type: none"> • Leadership Training for Sharing Nonviolent Communication with Parents, Teachers and Youth-Serving Professionals 	Oakland, CA 2015-2016
	<i>Womb Surround Workshops (Pre- and Perinatal Trauma)</i> Facilitated by Myrna Martin, Janet Evergreen and Zakira Beasley Student & Participant	Various Locations 2017-2019
	<i>Inner Child Process for Health Practitioners</i> Robin Grille, BA (psych) Grad Dip Counseling, Dip Int Psych	Online 2022
	<i>Autonomic Response Testing</i> Dr. Dietrich Klinghardt Method - taught by Hannah Bradford	Gatherburg, MD 2015
	<i>Permaculture Design Certificate</i> Eastern Pennsylvania Permaculture Guild - taught by Melissa Miles	Souderton, PA 2010-2011
	<i>Tree of Life Tai Chi</i> Peter Wayne, Level I, Cheng Man-Ching style	Somerville, MA 2009-2010

